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•WARNING!!!•

*Crossing the M1 by foot can seriously
damage Cecil Menthol.*



ANOREXIC HELL OF DR WHO GIRL

'I WAS EXTERMINATING MYSELF'

- Every bone in her body stuck out
- Her mother used to pick her up and bath her – like a helpless baby
- She lived on just 1 apple a day

Delicious Dr Who girl Sophie Aldred really looks super fit as she hurls herself through windows and chases Daleks for the top telly show. But, just a few years ago, the Doctor's sexy sidekick was so very ill with tragic slimmers' disease anorexia nervosa, she was close to death. Living on an apple a day, she got so gaunt her bones stuck out like a Beisen victim. And she was so weak, her mother had to pick her up in her arms and bath her like a baby.

"I looked terrible," says Sophie now. "My hair was straggly and falling out and then it stopped growing. My periods stopped, my nails split, and the skin on my face started flaking off. But when I looked in the mirror, all I could see was this gross, fat blob. I just didn't see what a horrible, scrawny thing I'd become. I thought I looked like an elephant. Though, in fact, all this time I was exterminating myself."

Sophie started starving when she was just 16. A chubby-cheeked 6th-former, she was doing well at her posh London school when a pal told her, "You're putting on a bit of weight." That was enough to send her on a path to self-destruction. She cut out meals and, ignoring hunger pains, drank pints of water to fill herself up, then started a punishing exercise schedule of games and jogging to speed up the weight loss.

Says Sophie, "All I wanted was to be thin and if I managed to go a whole day without eating, I felt really virtuous and pleased with myself. I'd watch other people have their meals and think, 'I'm a really good person because they're stuffing themselves and I'm not.'"

Sophie went to desperate lengths to avoid food. "If I was in a situation where I was forced to eat, say at a restaurant or somewhere like that," remembers Sophie, "I'd go to the loo and stick my fingers down my throat and get rid of it. I know it sounds disgusting, but I'd get this awful feeling there was food inside me that shouldn't be there. I hated having it in my stomach, and I

thought about it lying there like a stone. So when I made myself sick and all the food came back out again, it was actually a relief."

Sophie's weight continued to plummet, and she was on the verge of collapse, but, she says, "I think the body must make some chemical to keep you going, because I felt so fit. You survive on adrenalin and get really over-active. I was playing lacrosse all the time, I was even captain of the school team. And I went jogging every single morning instead of having breakfast, just to keep thin. I was full of this incredible, manic energy. But really, my body was falling to bits. It was eating itself away."

Soon, Sophie's parents and her friends noticed she was missing meals. "I started to have these great screaming matches with my mum over food, and I got very sneaky and devious. She'd try to make me eat supper, but I'd lie and say I'd already eaten, or that I was going out to dinner with some friends that evening."

Then, suddenly, Sophie's body just packed up. "I developed this terrible migraine. I began throwing up like something out of *The Exorcist*, my face and ankles swelled. I had a terrible pain in my back and my face went this horrible shade of yellow, as if I had jaundice."

One day, pale and exhausted, Sophie just collapsed but, unbelievably, when she went to the doctor, he just sent her home again. Her worried dad wasn't settling for that. He called the doctor out, and then he sent for an ambulance. Sophie ended up in hospital for 3 days, and off school for 2 months, too ill to move.

"Because I was so weak, I'd developed a blood infection and, in the end, that's what saved me. I know it sounds crazy, but I was lucky having to go to hospital like that because it kind of forced me to start eating again," admits Sophie. "The slimming was ripped in the bud. I didn't realise at the time, but now I know I nearly died."

Sophie's body took a long time to get over its



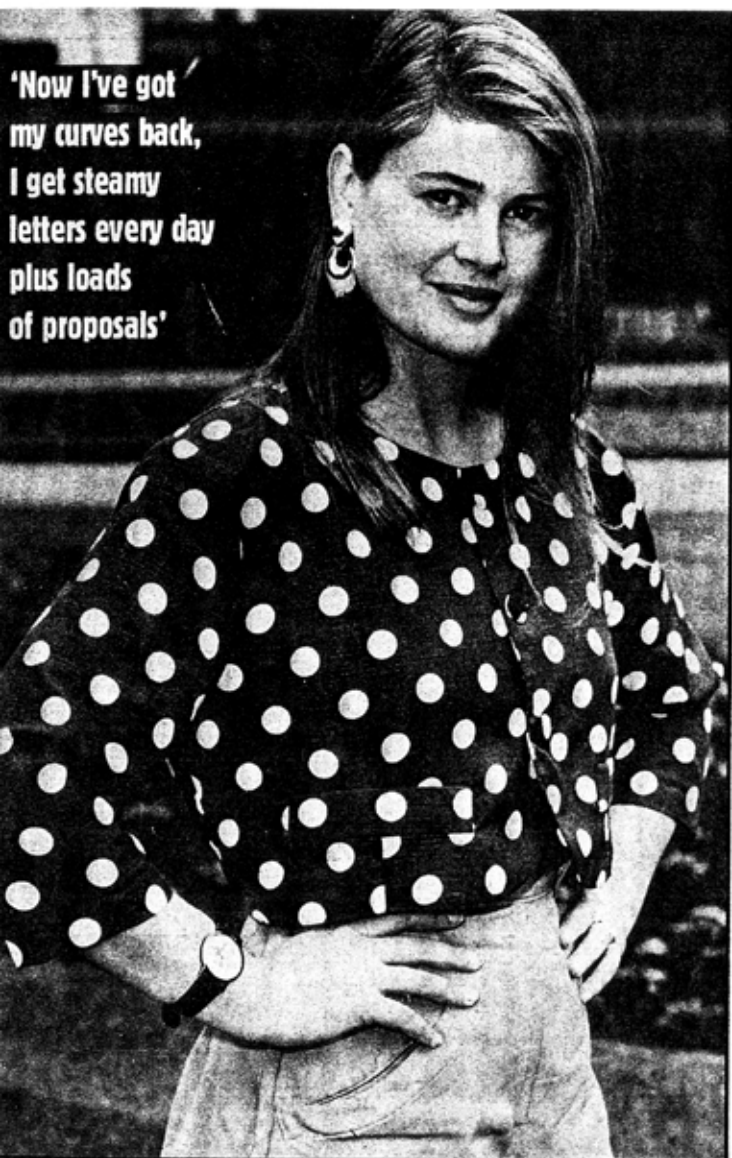
CHUBBY Sophie was once such a happy little girl, with thick and bouncy blonde hair plus the normal, healthy appetite of an energetic 8-year-old



SKINNY At 16, Sophie's weight was already down to 6½ stone, her hair was falling out, and she was living in a nightmare world of lies, deceit and trickery

self-inflicted ordeal. "My friends would come round to visit and I would be just lying there and I thought, 'I don't think I'm ever going to be strong enough to do games at school again. I felt that weak. I can remember one spring morning I got up for the first time and walked to the library nearby. It was only about 300 yards up the road, but it was such an achievement. I sat down when I got there and thought, 'Wow, I've walked to the library. I thought it would never happen, and I was shaking like a leaf with the effort.'"

But the youngster still couldn't get her eating



**'Now I've got
my curves back,
I get steamy
letters every day
plus loads
of proposals'**

hang-ups out of her system, and it took 4 years till she did. "I knew I had to put weight back on, but I hated every minute of it. Then, when I got to university and shared a flat with some other students, I started pinching food from their cupboards. I didn't want to buy it myself, because it made me feel so guilty. Of course, they all got really annoyed with me - but I think they'd have understood better if they knew I had anorexia, really a kind of mental illness."

Now back to a respectable 8½ stone, Sophie says if she puts on a bit of weight these days, it

doesn't worry her at all. "But I still get really angry about this skinny image that's so fashionable. Take Madonna - I thought she looked better when she was plump, I don't like her now she's gone so thin. And just look at Kylie Minogue in Neighbours. She worries me. She's a little stick who looks like her arms could snap."

Telly's prettiest time traveller is convinced that she wouldn't have landed the plum part of Ace without her extra pounds to give her a bit of sexy style, and put some weight behind Ace's tomboy punches. Besides, after spending several million

light-years with skinny Bonnie Langford, Dr Who was probably looking forward to having someone a bit more curvy in the Tardis. Now, says Sophie, love letters and marriage proposals pour through the letter box of her Blackheath flat, and she can hardly go outside without someone wanting a close encounter. Sophie says it's her sexy new shape and boomer-girl style that turns guys on.

"I got the part of Ace because I can ride a motor bike, and I only ever wear Dr Marten's boots. I've now got 7 pairs altogether, I wouldn't dream of wearing high heels, and guys seem to find it very appealing. I'd say 80 per cent of my mail is from fellas in their early 20s - I got another 5 love letters this morning." Still, the lads had better watch their step with strong-arm Ace. She's not one of those drippy birds who can't stand up for herself. "I do a lot of the action," reveals Sophie, "and I get so many bumps and knocks, Sylvester McCoy, who plays Dr Who, calls me the old bruiser."

In the series, Ace is a 16 year old from Perivale, West London. In real life, Sophie is 10 years older and posh with it. Yet, only a few years ago, she was scratching a living on the dole and singing for her supper in working men's clubs.

"I was living in this council flat on Moss Side, in Manchester," she says, "and me and my good friend had this little band. We'd dress up in 50s and 60s clothes and sing songs like Teenager in Love. We used to go to the clubs on the bus and, sometimes, if we were really lucky, we'd get £25 between us for the evening. But often, we wouldn't get paid at all. At the end of our spot I'd say, 'Where's the money, then?' And they'd just

**'When I looked in the mirror
all I saw was this gross,
fat blob - I thought I looked
just like an elephant'**

rip us off and say, 'Oh, there was nothing agreed about that.' It was hopeless. Later, I got a job working as a chorus girl in Fiddler On The Roof."

"When I heard I had the part in Dr Who, I nearly fell on the floor. My agent rang me to tell me the news right in the middle of the performance. The news spread like wildfire and everyone was coming up and patting me on the back on stage. I'll never forget it. It was a feeling of absolute elation, a real high and such an ego-booster."

Now bubbly Sophie, who studied music at university and plays the trumpet, is happy and full of natural energy after her slimming bout. Only one thing's missing from her busy life - and that's a man. But watch out - when she does find a chap, Sophie acts just like Ace. "I fall in love like mad, I go head-over-heels - I'm very wild and passionate. I'm a romantic person and this books I read are all Victorian tales of torrid passion, real bodice rippers. Sometimes, people do get the impression I'm a really straight-faced person, a proper little snob. If only they knew!"

For the time being, Sophie's perfectly content living alone. Tucking into a mouthful of crusty pastry in a London restaurant, she says, "Everything seems wonderful now. I've got a great career, and my own flat. I'm a very lucky girl. I got very silly in the past, I thought being thin was everything, and the only way to be successful. I don't think like that any more, though. For being curvy has brought success and made me a star."

Report by Ruth Brotherhood

DOCTOR IN

Peter says it's time to change the Timelord

FORMER Dr Who Peter Davison has launched an astonishing attack on the loveable Timelord he played for three years.

And he also slates another character who brought him fame — Tristan, the hard-drinking vet in All Creatures Great and Small.

"I got fed up playing him having a hangover," he says.

Mistake

Davison, who quit both shows has now landed the lead role in Campion, the 1930s detective drama (tomorrow, BBC1, 8.35 p.m.).

He says of Dr Who, one of the world's most successful sci-fi shows: "The programme has just got too silly. It's like a variety show."

"It is full of jokes which is a mistake because the reality is lost. Doctor Who should not be sent up."

But, says Davison, it's not the fault of the present Doctor, Sylvester McCoy.

"He is good but needs straighter scripts and a solid storyline. The Doctor should not be funny all the time."

"I think I was quite

smart to get out. The show needs to be rethought if it is to have any sort of future."

Davison reckons the big screen version of the show is doomed.

He adds: "It won't get off the ground. While the TV show is still on, who will be interested in a film?"

Davison, 37, is also delighted to be rid of Tristan in All Creatures Great and Small.

The actor, who played him for six years said:

"He was a bit of an idiot and an upper-class twit."

Chance

"I was fed up playing him having a hangover. Once you've done that three times in one series it gets tedious."

"I'm sure the public were bored. I think the series is generally getting a bit thin."

Davison will make another eight part series of Campion starting in March and after that plans to take on America.

He will join wife of 10 years actress Sandra Dickinson in the States where she has been working on and off for a year. Their daughter Georgina, four, is with her.

"I will stay over there for a while and will take that chance to see what work is available."

"I could handle living there for a short time if the right part came up."



THE SEVENTH TIMELORD... Sylvester McCoy

Happy birthday to the

21 THINGS YOU

NEW President George Bush wasn't the only one celebrating in Washington yesterday.

High above the Presidential gala parade floated a 40ft Popeye balloon to mark the cartoon character's 60th birthday.

By SUE BLACKHALL

three games in a row, defeated eventually by Derby—who also received spinach.

③ The gruff little sailor with the big muscles even beat Mickey Mouse to



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BRIAN BLASTS THE TEA FOLK

THE man behind the Tetley Tea telly adverts has a tale to tell.

Actor Brian Glover, who has immortalised the Tetley Tea folk and their 2,000 perforations, hasn't been given a teabag by the company in 12 years.

Brian, Peter Davison's cockney sidekick Lugg in *Campion*, said: "I've done the ad all those years and it's been good to me."

"But they've never even given me a teabag to take home."

"I love their brew and drink it all the time but have to go out and buy my own."

Glover, 54, has earned a fortune doing the Tetley voice-over and saying 'The bread with nowt taken out' for another ad.

The Barnsley-born actor, once a professional wrestler, revealed his Yorkshire voice is graded as 'brown' by ad agencies.

He added: "Voices are classed by colours, and mine is labelled brown because they associate it with the staple thing in life. That suits me."



GLOVER... ads



HATS OFF, DOC... Peter as Dr Who and (inset) as *Campion*

spinach-munching sailorman

NEVER KNEW ABOUT POPEYE

BBC TV series. They didn't like the idea of their hero getting hitched in a secret ceremony—or having a nine-year-old son.

12 When Segar died in 1938, Popeye was a giant man-eater. He

15 Contrary to popular belief, Popeye did not start the spinach craze. He followed boxers Joe Louis, Jack Dempsey and Gene Tunney who used it in their training diets.

16 Popeye appeared in 250 cartoon adven.

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WHO'S WHO?



COLIN
BAKER



PATRICK
TROUTON

CALL yourself a time lord? Here are the seven actors who have taken the controls of the Tardis. Can you solve Question 12 in our Sixties section and put them in



PETER
DAVISON



WILLIAM
HARTNELL



TOM
BAKER



SYLVESTER
MCCOY



JON
PERTWEE

Ex-Dr Who asks why



COLIN: Dropped

DROPPED Dr Who star Colin Baker yesterday ended two years' silence about his BBC "extermination".

"I discovered that actors are treated like mushrooms — fed on muck and kept in the dark," he said. "When the TV bosses decided they wanted a new doctor I tried to find out why, but no one was keen to tell me."



DOCTOR: Who?

Check your answers here . . .

9. Who plays the present Doctor Who? Name two others.

McCoy, William Hartnell, Tom Troughton, Peter Davison, 7. Troughton, Jon Pertwee, Patrick

12 Put the Doctor Whos, pictured right, in the correct order. Then, for an extra mark, name one other actor who has played the doctor, in films.

12 William Hartnell, Patrick Troughton, Jon Pertwee, Tom Baker, Peter Davison, Colin Baker, Sylvester McCoy. In the films, Peter Cushing.

So who's a bad girl?

ACTRESS Caroline Munro, a big fan of Dr Who since she was a child, is delighted that she will be meeting the good doctor himself... whoever he may be. "I am going to play an evil baddie called Morgana in the film version due to be made next year," she says. "But although I've heard rumours about Dudley Moore playing the lead, I don't know if it will be him."

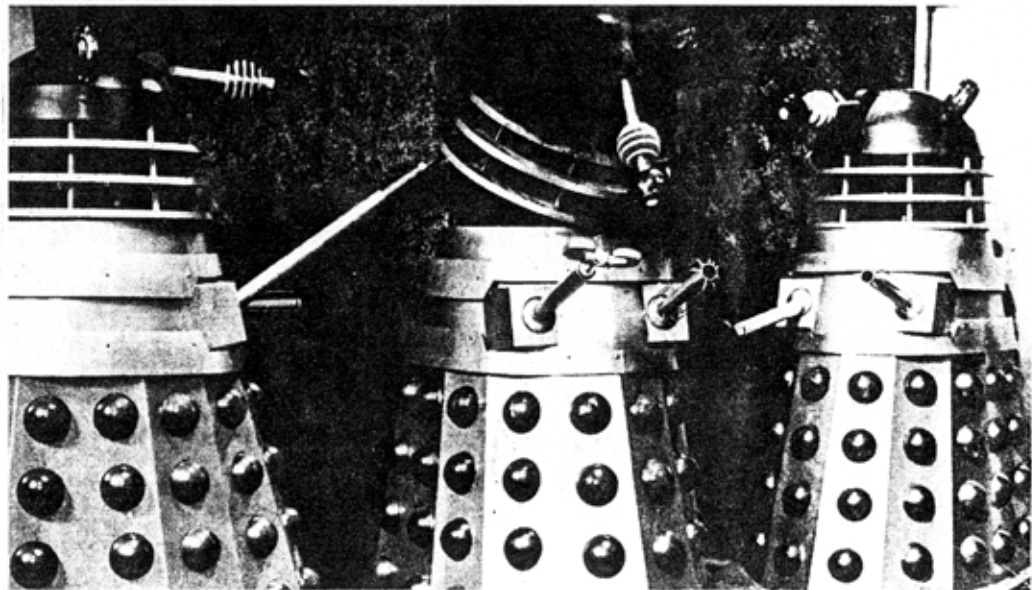
Divorcee Caroline, 37, the original Lamby Navy Rum girl, is hoping to marry her steady boyfriend, a film technician, next year. And perhaps produce a wee tot.

FLUM ROLE: Rum girl Munro



COLIN PETERS has also added to his nights at BUSBY'S with the extra **BANG** on Sat, which has taken off quickly. This Sat, he provides star entertainment with **BOHEMIA** M's only London gay club appearance. Bang on Monday is also a party night with guest **JON PERTWEE** and two **DALEKS** on stage to provide a **DR WHO** theme for the evening. I'm told the every-youthful Colin will attempt to interview one of the mobile pepper-pots.

HEAVEN, too, has booked a series of star cabaret for Saturdays, with **THELMA HOUSTON** on Feb 4, **THE VILLAGE PEOPLE** on Feb 11 and **BOYSTOWN GANG** on Feb 25. Saturdays in the West End have never been so entertaining! (BBC)



DALEKS INVADE THE WEST END THIS MONDAY AT BANG'S SPACEY SPECTACULAR

robert elms

London Bridge certainly isn't falling down anymore. Not being a commuter or a south Londoner, I don't get to go down to the area around Tooley Street too often, it's all old warehouses and crumbling dereliction isn't it? But a mate of mine suggested that we should go over the water to take a look at the view north across the river. If any of you haven't done this lately, I suggest that you get down there immediately to marvel at this remarkable vista. Early evening is best, when the sun

IT'S ALL OLD WAREHOUSES
AND CRUMBLING
DERELICTION ISN'T IT?

is going down and the lights are going up. At this time the new Lloyds building, glowing bright blue and breathtakingly beautiful, takes its rightful place as a truly great monument alongside St Pauls and Tower Bridge. That remarkable Richard Rogers building is perhaps the finest addition to London's architectural heritage this century, and a perfect riposte to Prince Charles' well meaning, diatribes against modernism.

A TRIP THROUGH THIS ODD
LITTLE XANADU IS A
SALUTARY EXPERIENCE

That particular part of the southside which hugs the old river has changed beyond recognition since I wasn't looking. It has been transformed from a text book example of urban decay into something shining and polished and new, or is it old? What we now have sitting on the southern bank of our river is in fact a theme park of London life, a monument to the leisure age which for



SELLING LONDON

ROBERT ELMS ASKS WHETHER THERE IS ANY FUTURE
IN THE PAST

better or worse gives us all a glimpse of one vision of our future. A trip through this odd little Xanadu is a salutary experience.

The London Dungeon has been there for a few years now, a museum of the macabre which seems quite at home amid the dark Satanic arches of the old railway sidings. For those who've never ventured into this particular chamber of horrors, it is a waxworks dedicated to the murkier aspects of olde England. It is there primarily for tourists of course.

Next door to the Dungeon now is an extremely peculiar edifice. Looking like a Blue Peter version of one of Richard Rogers' constructions, made out of old washing

up bottles, and flashing bulbs, it is the local Space Station. Unfortunately on the day that I was there this 'unforgettable experience' was closed because they were adding a Dr Who museum. Isn't it wonderful the things technology can do?

Crossing the road into the Hays Wharf complex it is actually remarkable what they've done. Hays Wharf was once known as the larder of London, so vast was this complex of warehouses and grain stores. Well now it is a sort of esplanade of shops and cafes with a fairly horrific 'sculpture' cum fountain as a centrepiece. There's also a nice new authentic cockney pub complete with neo-Vic-

torian decor and authentic cockney knees up evenings.

Outside the gleaming white river bus was sitting waiting to take the happy tourists on a trip through history, perhaps depositing them up river at my local which has recently been converted into 'Bloomsbury's Famous Gas Lit Pub'. It actually has that written on the walls now, and I'm sure the tourists actually believe that this is where Charles Dickens and Jack The Ripper signed the Magna Carta. In the near

A BLUE PETER VERSION OF
ONE OF RICHARD ROGERS'
CONSTRUCTIONS

future the river bus will be able to take these same smiling tourists to the copy of the Globe Theatre currently under construction in Bermondsey, or to the wonder of Battersea amusement park in the shell of the old power station.

London is inevitably a changing city, adapting to meet the challenges of a new age. It is also certain that tourism will play an increasing part in our future economy. But if we keep producing plastic

WHERE CHARLES DICKENS
AND JACK THE RIPPER
SIGNED THE MAGNA CARTA

versions of London life, then will they really want to keep coming? London is attractive precisely because it is a genuine, historical city, a real, lived in city. I would travel a long way to marvel at the splendour of the new Lloyds building, but I'm not so sure that I would be attracted by the ersatz and the contrived delights of Hays Wharf. This sort of tourist trap could well spring back on us.

